

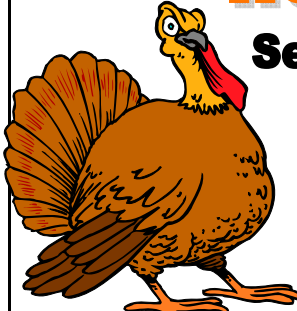



Mon	Tue	Wed	Thu	Fri
	<b>1</b> 11:45 Lunch Menu Linguine w/ Tuna Pasta Peas & red peppers Spinach salad Fruit 1:00 Movie: The Town 4:00 Wii Bowling	<b>2</b> 7:30 Twin Pine Casino 10:30 Line Dancing, lunch room 11:45 Lunch Menu Szechwan chicken Brown rice & Sautéed cabbage Green salad & Pineapple 12:45 Bingo, lunch room 5:30 Movie: The Town	<b>3</b> 8:30 Notary Service Appointments 10:30 Bookmobile 11:45 Lunch Menu Fish w/ lemon wedge Brown rice pilaf Broccoli & cauliflower Carrot raisin salad Apricots 1:00 SALA Appointments 1:00 Workshop: Medicare Up- dates	<b>4</b> 10:30 Blood Pressure Check 10:45 Dancing w/ Ana & Irv 11:45 Lunch Menu Beef stew Carrots, onion, celery in stew Whole grain bread Garden salad Fruit 1:00 Movie: The Town
<b>7</b> 10:30 Dancing, lunch room 11:45 Lunch Menu Chicken pot pie Mixed veggies in entrée Tossed salad Fortified juice 1:00 Big Bingo	<b>8</b> 9:15 Eyeglass Repair 10:30 Book Club - "Confessions of Catherine de Medici" 11:45 Lunch Menu Meatloaf Whole grain bread & Mixed veg- gies Fortified mashed potatoes & Apple 1:00 Movie: Cop Out 4:00 Wii Bowling 6:00 AARP Driver Safety	<b>9</b> 10:30 Line Dancing, lunch room 11:45 Lunch Menu Baked breaded fish Brown rice Peas & pearl onions Carrot raisin salad Orange 12:45 Bingo, lunch room 5:30 Movie: Cop Out	<b>10</b> 10:30 Bookmobile 11:45 Lunch Menu Lasagna Corn w/ red peppers Coleslaw Fruit cocktail 1:00 Workshop: Energy Upgrade MV	
<b>14</b> 8:30 HICAP 10:30 Dancing, lunch room 11:45 Lunch Menu Swedish Meatballs over Egg Noodles Baked Tomato Spinach Salad Melon 2:00 Hearing Screening	<b>15</b> 11:00 CSA Information + Referral 11:45 Lunch Menu Chicken cacciatore Bell peppers, mushrooms, tomatoes & onion in entrée Green salad & Apple crisp 1:00 Movie: Limitless 4:00 Wii Bowling 6:00 AARP Driver Safety	<b>16</b> 10:00 Podiatry Screening 10:30 Line Dancing, lunch room 11:45 Lunch Menu Roast pork loin Whole grain bread Broccoli, cauliflower & carrots Mashed potatoes & Fruit 12:45 Bingo, lunch room 2:00 Senior Advisory Commit- tee Meeting 5:30 Movie: Limitless	<b>17</b> 9:00 SJSU Hearing Screening 10:30 Bookmobile 11:45 Lunch Menu Chicken enchiladas Spanish rice Corn & Green salad Fruit w/ mandarin oranges 1:00 SALA Appointments 1:00 Workshop: Memory Games and Alzheimer's	<b>18</b> 10:30 Blood Pressure Check 10:45 Dancing w/ Ana & Irv 11:45 Lunch Menu Country fried steak Whole grain bread Mashed potatoes Broccoli & carrots Pears Celebrating November Birthdays w/ Birthday Cake 1:00 Movie: Limitless

Holiday Bazaar  
tomorrow!



Mon	Tue	Wed	Thu	Fri
21 10:30 Dancing, lunch room 11:45 Lunch Menu Chicken cordon bleu Brown rice Peas & pearl onions Green salad Orange  2:00 Newcomers' Group	22 9:15 Eyeglass Repair 11:45 Lunch Menu Beef stroganoff Noodles California Blend veggies Cabbage salad Gelatin w/ fruit 1:00 HICAP 1:00 Movie: The Switch 4:00 Wii Bowling	23 10:30 Line Dancing, lunch room 11:45 Lunch Menu Thanksgiving Lunch: <i>Seating limited, please arrive early to be seated.</i> Turkey, stuffing, candied yam, mashed potatoes & pumpkin pie! 12:30 Alzheimer's Screening 12:45 Bingo, lunch room 2:30 Workshop: Facebook 5:30 Movie: The Switch	24 <div style="text-align: center;">  <h1>Thanksgiving Holiday</h1> <p><b>Senior Center Closed</b></p> </div>	25
28 10:30 Dancing, lunch room 11:45 Lunch Menu Chop suey- pork, bok choy, onions, celery, bean sprouts in entrée Brown rice Cabbage salad w/ crispy noodles Apricots	29 10:00 Seasoned Travelers Meeting 11:45 Lunch Menu Ron's special chicken Whole grain bread Mixed veggies Green salad Tropical fruit 1:00 Movie: 127 Hours 4:00 Wii Bowling	30 10:30 Line Dancing, lunch room 11:45 Lunch Menu Baked salmon stuffed w/crab Couscous w/onions, green bell pepper, & mushrooms String beans & Carrot raisin salad Mandarin oranges  12:45 Bingo, lunch room 5:30 Movie: 127 Hours		

**NUTRITION PROGRAM** - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.



= Meal contains more than 1000mg sodium